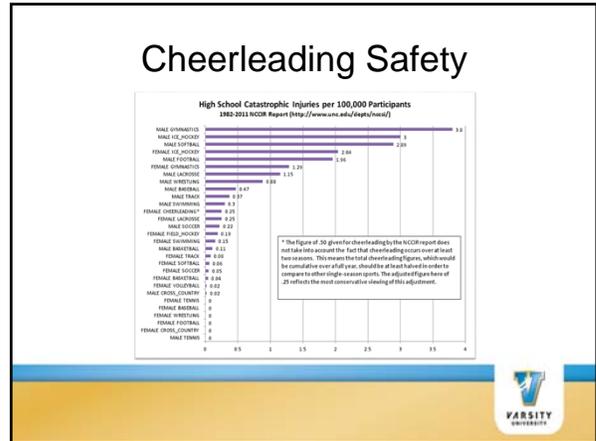
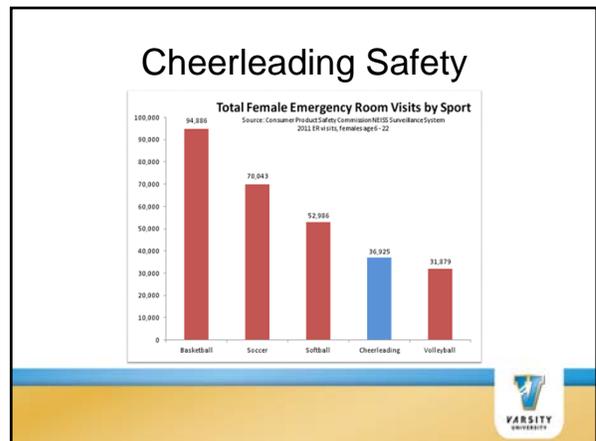
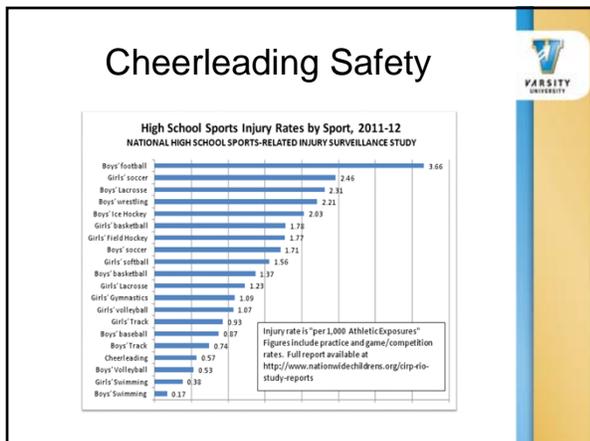
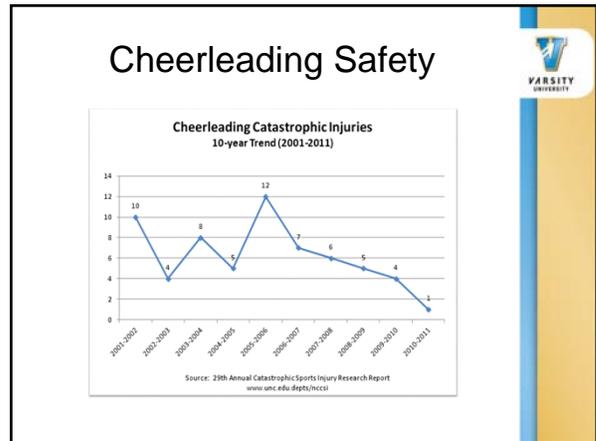


Injury Prevention in Cheerleading

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- ### Objectives
- Trends in Cheerleading Safety
 - Developing a Sound Emergency Action Plan
 - Common Medical Emergencies in Athletics
 - Head Injuries
 - Other Common Injuries
 - Strength and Conditioning Programs
- 



CheerSafe



- CheerSafe's mission is to educate parents, cheerleaders and administrators to the facts of cheerleading safety at every level – school, college and all star—and to promote and improve cheerleading safety through the involvement of a wide spectrum of organizations in the cheerleading community.

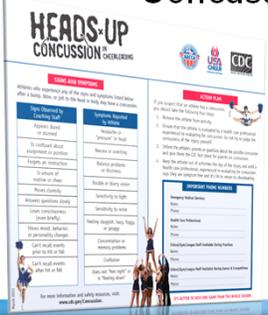


A Coach's Guide to Cheerleading Safety




- Properly balance time between athletic training and spirit leadership instruction.
 - Stunts and tumbling should be used to aid cheerleaders in generating fan participation and excitement.
- Institute and practice an emergency plan.
 - A comprehensive plan is needed to provide a quick and effective response to an emergency situation.
 - Failure to have a plan is grounds for negligence
- Be responsive to safety concerns.
 - Allowing or forcing an athlete to perform a skill without proper readiness increases the risk of injury.

Concussion Safety

- USA Cheer works with NFHS, NCAA and CDC Heads Up program
- The Heads Up initiative provides important information on preventing, recognizing, and responding to a concussion.

Developing an EAP



- Things to consider:
 - Evacuation procedures, escape routes and floor plans
 - Reporting and alerting authorities
 - Accounting for people after implementing an EAP
 - Notifying parents, guardians or next of kin
 - Training new staff
 - Policies for updating and maintaining the EAP

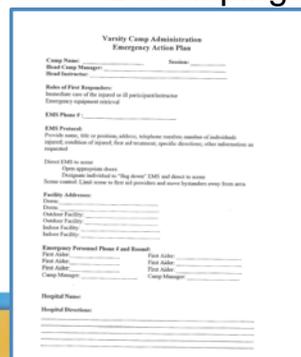
A Coach's Guide to Cheerleading Safety



- Become certified through the American Association of Cheerleading Coaches and Administrators safety course.
 - AACCA certification will teach the "best practices" for reducing injury to athletes.
- Adhere to accepted practice and performance guidelines.
 - Skill restrictions set by NFHS and AACCA practice guidelines are designed to keep cheerleaders safe.
- Ensure that performance skills are taught in the proper sequence using skills progression training.
 - Emphasis on training all squad members in proper spotting methods.



Developing Your EAP

- Prep
- Plan
- Practice

Preparation

- Who on staff is CPR certified?
- Where are AEDs located?
- What type of medical equipment will you have on hand?
- Is there access to a telephone?
- What is the address of your location?
- How will EMS get to you? (Gates, hours of operation, specific directions, etc.)
- Who will stay with the athlete, who will stay with the team, and who will meet EMS?
- What types of situations will warrant activating the EAP?



Emergency Medical Information

Sample Information Card (4 x 6 Index Card)

Full Name:	Home Phone:
Street Address:	
City:	ST: Zip:
Mother:	Day Phone:
Father:	Day Phone:
Other Emergency Number:	
Allergies:	
Previous Injuries:	
Family Doctor:	Day Phone:
Insurance Policy # Number:	HMO PPO:
<i>(for use by coach only)</i>	
Copy of Insurance Policy on File:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Copy of Medical Release on File:	<input type="checkbox"/> Yes <input type="checkbox"/> No



Plan

- Designate one person (usually the coach) to be in charge of activating the EAP.
- Address and location should be readily available to those assigned duty of calling 911.
- Designate one person to remain with team and another to meet EMS.
- Designate one person to alert the athlete's parent/guardian and any other essential personnel (principal, athletic director, or other supervisor)



CPR/First Aid/AED

- Essential personnel should be trained in basic first aid, CPR, and use of AEDs
- Training should be conducted by a nationally recognized organization (American Red Cross, American Heart Association)
- Personnel should update training to keep certification current (about every 2 years)



Practice

- Practice should be done daily at first and then every 2-3 months by all essential personnel.
- Ensure plan remains up to date and identify any changes that need to be made depending on time of day.
 - Example: A plan during the school day may be different after school lets out, or if there is an athletic trainer present vs. no athletic trainer.



Know Your Surface Rules

- Specific Surface Restrictions for High School
- The following skills are only allowed on a mat, grass or rubberized track surface.
 - Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - Partner stunts in which the base uses only one arm to support the top person.
 - Twisting tumbling skills (Arabians, full twisting layouts, etc.). The exception to this rule is the following:
 - Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.



Safety Captains



- Consider assigning “Safety Captains” for your team.
- Responsibility is to work with coach to implement and enforce safety rules.
- Can lead warm-up and cool down sessions.
- May also be a conduit between athletes who may not feel comfortable bringing up safety concerns that may not be obvious to the coach

Common Emergencies in Athletics

- Environmental Conditions
 - Know possible environmental hazards for your area (thunderstorms, hurricanes, tornados, etc.)
 - Do not practice or perform outside if lightening is within 8 miles.
 - Flash-to-Bang Theory
 - Count number of seconds between lightning flash and thunder, divide by 5
 - Ex: Count 5 seconds ÷ 5 = 1 mile away



In a Medical or Emergency Situation...

- **Know your Athletic Trainer!**
- “Athletic Trainers (ATs) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.” (NATA)
- Many times an athletic trainer can help an athlete return from an injury to full performance in less time than going through a doctor. They are trained to recognize situations that require a physician’s care.



Common Emergencies in Athletics



- Acute Cardiac Conditions and Acute Respiratory Distress
 - Any athlete in distress should seek immediate medical attention.
- Life or Limb Threatening Orthopedic Injuries
 - If something does not look normal, DO NOT put it back! Seek medical attention.

Common Emergencies in Athletics



- General Medical Conditions
 - Diabetes, Asthma, Allergies
 - Know your athletes and their medical conditions
 - Know athletes that have inhalers, EpiPens, and diabetes supplies, and how to recognize a medical emergency for these individuals.

Common Emergencies in Athletics

- Neck Injuries
 - Indications of possible neck injury:
 - Falling from height of 6 feet (falling from any stunt straight to the ground)
 - Landing on head, neck, or back
 - Complaining of neck pain over spine
 - DO NOT move the athlete!



Back Pain



- Spondylolysis is a stress fracture in the spine, commonly occurs in athletes who do a lot of jumping, tumbling, and back-bending activities.
 - Symptoms include low-back pain that feels worse with back extension.
- Cheerleaders with low-back pain for more than 2 weeks should see a doctor.
 - Treatment is rest from back extension activities for several weeks to months, and physical therapy to strengthen back and abdominal muscles.



Strength Training



- Fact or Myth: Females should not train for muscular strength because they will “bulk up”
 - Myth! Females have less testosterone in their bodies than males. They will tone and add definition, but will not build muscle bulk in the same way males do.
- Bases focus on lifting for strength
 - Low reps, high weight
- Top girls focus on lifting for endurance
 - High reps, low weight

Strength and Conditioning Programs



- Main focus should be cardiovascular training and building muscular strength.
- A comprehensive program will help build strength while improving endurance.
- Combined with proper nutrition, a sound strength and conditioning program will shape athletes into strong, healthy individuals.

Shoulder/Arm Exercises



- Shoulder press
- DB Flys
- 3-way arm raise
 - Fwd flexion, abduction, extension
- Bicep curl
- Overhead Tricep extension



Endurance Training



- Cheerleaders expend a large amount of energy in a short amount of time.
- Special focus needed on anaerobic training.
- Sprinting, weight lifting: Anaerobic Training
- Cardio training: Aerobic Training
 - At least 3x week for minimum 20 minutes in Target Heart Rate (220-age)
 - Running, swimming

Wrist/Forearm Exercises



- Wrist curls (palm up) and reverse curls (palm down)
- Wrist ulnar(pinkie)/radial/thumb deviation
- Wrist pronation/supination (rotating)
- All exercises can be progressed using light weights (5-10 lbs.)
- Grip strength



Core Strengthening



- Focus should not only be on abs, but back as well.
- Crunches 
- Back Extension 
- Leg Raises 
- Planks (Prone and L/R)
- Medball Workouts
 - Overhead throws 
 - Twists 

Shoulder Stretches



- Stretch back of shoulder by crossing arm in front of body, repeat for other side. 
- Stretch front of shoulder by reaching arm behind back and between shoulder blades, repeat for other side. 

Leg Exercises

- You do not need fancy machines or even weights to do effective leg strengthening.
- Squats 
- Reverse Lunge 
- Wall Sits 
- Calf Raises 
- Glute Bridge 



Wrist/Forearm Stretches







- Range of Motion
- Flexion/Extension
 - Holding with opposite hand or pushing against a table

Stretching



- Stretching should be done at the beginning and end of every practice and performance.
- Dynamic stretching
 - Done “actively” as there is no holding of a stretch.
 - High-knees, butt-kicks, walking hamstring stretches, skipping
- Static stretching
 - Stretches done while staying still.
 - Stretches are held for 15-30 seconds and repeated multiple times.

Upper Leg Stretches



- Hamstring
 - Elevate foot with knee locked and lean toward toe 
- Quadriceps
 - Pull knee back and hold behind 
- Hip flexors
 - Lunge forward & backward, right & left
 - Important for jumps, baskets, kicks, top girls 

Lower Leg Stretches

- Gastrocnemius
 - Largest of two calf muscles and sits over the Soleus.
 - Foot flat on floor, knee locked, lean against solid surface
 - Stand on incline for increased stretch
- Soleus
 - Same stretch, except bend knee to approximately 30 degrees to 'inactivate' gastrocnemius.



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Thank you!

